

FIGURE 6Q

ALCOHOL CONSUMPTION

A number of studies have recently shown that moderate alcohol intake (about 1-3 drinks per day) is associated with a lower risk of coronary artery disease than in those who are abstinent.

There is still much to be learned about this association. Some studies suggest that it is the alcohol alone that causes this affect. This would imply that beer, wine or spirits all offer the same protection. Other studies strongly suggest that red wine offers the most protection. It is believed that substances called flavinoides are the responsible agent. The website www.anti-oxidant.com can give more information about this.

Another area of controversy concerns the quantity of alcohol required for this benefit. These studies are still being done.

CAUTION!!

Excess alcohol consumption can be highly destructive to physical and psychologic health. Therefore, the issue of alcohol consumption as it relates to coronary artery disease risk should be discussed with one's healthcare professional.

FIGURE 6R

AGE

In America and other western populations the incidence of coronary disease increases with advancing age. Males have a higher rate of developing coronary disease than females until about age 75, when the prevalence of coronary disease is about equal between the sexes. Males less than 55 years of age develop coronary disease at a rate of 3-4 fold greater than females. However, after age 55 the rate decreases for men and increases for women.

FIGURE 6S

FAMILY HISTORY

Positive family history, according to The National Cholesterol Education Program is defined as having a 1st degree male relative develop a definite heart attack or die suddenly before the age of 55. This would include individuals such as a father or brother. Positive family history is also present if a 1st degree female relative develops a definite heart attack or dies suddenly before the age of 65.